

SOFTENING INTO BEING

SOFTENING IS WISDOM WORKING THROUGH THE BODY-MIND

A WEEKEND RETREAT THROUGH YOGA, MEDITATION,
EMBODIED AWARENESS, AND INNER INQUIRY



ERICA BASSANI × ERICA HÖGSBORN

SEPTEMBER 18-20, 2026

GULLNÄSGÅRDEN, TJÄRNÖ, SWEDEN

WOMEN AWAKENING PROJECT

SOFTENING INTO BEING

AN INVITATION TO SLOW DOWN, LISTEN WITHIN, AND RETURN TO YOURSELF



Softness is not something we need to create out of the blue. It is the very essence of who we really are.

Softening into Being is a three-day retreat created as a space to slow down, soften, and reconnect with what lives within you.

Softening is not weakness or passivity. It can be a strengthening process through which we gain more capacity to hold our experience and discover where our inner strength actually lies - not in the reaction itself, but before it.

During the retreat

- Yin yoga and gentle yoga
- Embodied awareness practices
- Guided meditation
- Journaling and self-inquiry
- Teachings on softness inspired by Women in Love with the Divine
- Group reflection in a confidential and supportive environment
- Silence, nature, rest, and space for integration
- Nourishing vegan meals



The place

The retreat takes place at Gullnäsgården, on the island of Tjärnö in the Bohuslän archipelago of western Sweden.

Surrounded by the sea, greenery, rocks, and walking paths, the centre offers a simple and peaceful setting in which to step away from the usual pace of everyday life.

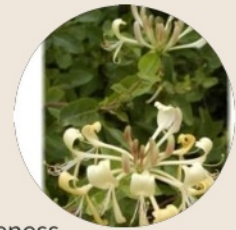
The centre includes dedicated practice spaces, yoga and meditation equipment, a wood-fired sauna, and access to the surrounding coastline and nature.

www.gullnas.se

WHO IS THIS RETREAT FOR?

A WEEKEND FOR THOSE WHO FEEL CALLED TO SLOW DOWN AND TURN INWARD

Softening into Being is for those who feel that the moment has come to slow down and consciously turn towards themselves.



It is for those who are open to inner work through yoga, meditation, embodied awareness, journaling, and honest self-reflection.

The invitation is not to fix yourself, improve yourself, or force a transformation. It is to notice where you harden, where you resist, and what begins to emerge when you give yourself permission to stop pushing.

Softening is, in a way, melting around your core until only what is fundamentally standing within you reveals itself.

The rhythm of the weekend

Guided sessions will be interspersed with silence, shared meals, time in nature, personal reflection, rest, and integration. There will be space to practise together and space to withdraw inward.

FRIDAY

17.30 / 18.00 Dinner
19.30 Gathering &
presentation circle
20.00 - 21.00
Guided meditation
(Erica H & B)
Silence until breakfast

SATURDAY

7.00 - 8.30 Wake up yoga (Erica H)
8.45 - 9.30 Breakfast
9.30 - 12.30 Morning session (Erica B)
Tea break around 11.00
13.00 - 14.00 Lunch
14.00 - 16.00 Free time
16.00 - 18.00 Yin yoga (Erica H)
18.30 - 19.30 Dinner
19.30 - 20.30 Meditation (Erica B)
Silence until breakfast

SUNDAY

7.00 - 8.30 Wake up yoga (Erica H)
8.45 - 9.30 Breakfast
9.30 - 12.00 Morning session (Erica B)
12.00 - 13.00 Cleaning / packing
13.00 - 14.00 Lunch
14.00 - 15.00 Closing circle
(Erica H & B)
15.00 - 16.00 Check-out

A detailed schedule will be shared with registered participants.

YOUR FACILITATORS

TWO COMPLEMENTARY PATHWAYS: CONTEMPLATION AND EMBODIMENT

Erica Bassani and Erica Högsborn bring together meditation, yoga, inner inquiry, writing, and embodied awareness. Their shared approach allows the mind to understand the process while giving the body space to experience it for itself.



Erica Bassani

Erica Bassani is a writer, the author of *Women in Love with the Divine*, and the founder of the Women Awakening Project. Her work explores women's spiritual lives, meditation, devotion, inner inquiry, and the possibility of meeting ourselves with greater softness.

During the retreat, Erica will guide meditation, journaling, contemplative inquiry, group reflection, and teachings inspired by *Women in Love with the Divine*.

Erica Högsborn

Erica Högsborn is a yoga teacher and biodynamic healing practitioner. Her work invites people to reconnect with the intelligence of the body through movement, awareness, presence, and deep listening.

During the retreat, Erica will guide yin yoga, gentle yoga, and embodied awareness practices, offering a direct and grounded way of exploring softness through the body.



When we soften, we can feel lighter and more rooted.

ACCOMMODATION & FACILITIES

A SIMPLE, PEACEFUL SETTING SURROUNDED BY SEA AND NATURE



Your stay at Gullnäsgården

Accommodation is simple and shared, primarily in twin or triple rooms with separate beds. Bathroom and shower facilities are generally shared. A limited number of single rooms may be available, depending on availability.

All meals served during the retreat will be vegan. Please share any allergies, dietary requirements, accessibility needs, or room requests when registering.

The retreat centre includes

- Dedicated yoga and meditation spaces
- Yoga mats, blocks, bolsters, cushions, and blankets
- A wood-fired sauna
- Walking paths and access to the sea
- Indoor spaces for shared meals and community
- Quiet places for rest and personal reflection

Practical notes

Participants are asked to bring their own sheets and towels. A set can also be rented from Gullnäsgården for 150 SEK.

As part of the shared rhythm of the weekend, participants will contribute to simple care of the common spaces and leave their rooms clean before departure.

Detailed travel information and a packing list will be shared after registration.

There is space to be together, and space to withdraw inward.

SOFTENING INTO BEING

A THREE-DAY RETREAT EXPERIENCE IN A SMALL, CAREFULLY HELD GROUP



INVESTMENT & REGISTRATION

Shared twin or triple room

390 €

The investment includes

- Two nights of shared accommodation
- All vegan meals and refreshments
- The complete retreat programme
- Yin and gentle yoga, embodied awareness, and meditation
- Teachings, journaling, and self-inquiry
- Use of retreat spaces and practice equipment

Not included

Travel to and from Gullnäsgråden; sheets and towels; any single-room supplement.

Registration

Your place will be confirmed after the registration form and payment have been received. Booking and cancellation conditions will be shared before payment.

For questions or to register your interest, contact:

womenawakeningproject@gmail.com

REGISTER FOR SOFTENING INTO BEING